Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	2022	129.13	46.47	132.06
Lunch				
Dinner				
Snacks/Other				
Total	**2022**	**129.13**	**46.47**	**132.06**

Tuesday, April 1, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Croutons 1/2 cup	93	3.66	1.049	12.7	1	0.88	2.16	248	1	36
Jason's Deli Ceasar Dressing 1 portion, 56 g	196	19	3	1	0	0	2	480	11	
Earthbound Farm Romaine 2 cups, 85 g	15	0	0	2	1	0	1	50	0	
Guinness Draught Stout Beer 1 1/2 x 1 pint, 24 oz	322	0	0	27	0	27	2.4	73.5	0	0
Famous Dave's Baby Back Ribs 6 ribs	570	34	12	17	1	10	52	1190	180	
Gia Russa Balsamic Glaze 1/2 x 1 tbsp, 7.5 ml	18	0	0	4.5	0	4.5	0	2.5	0	
Cherry Tomatoes 4 oz	19	0.21	0.048	4.08	1.2	2.74	0.92	5	0	
Pork Roast (Lean Only Eaten) 4 oz, with bone lean only (yield after bone removed)	183	8.42	3.07	0	0	0	25.04	254	71	372
Stella Artois Lager 1 bottle, 11.2 oz	154	0	0	6.3	0	0	0	0	0	
Bacon (Cured, Baked, Cooked) 1 oz	155	12.27	4.022	0.38	0	0	10.13	622	30	153
Trader Joe's Raw Whole Cashews 1/4 cup, 30 g	160	12	2	8	1	2	5	5	0	
Parmesan Cheese (Shredded) 10 g	42	2.73	1.737	0.34	0		3.79	170	7	10
Johnsonville Sausage Patty 1 patty, 32 g	100	9	3	0			5	220	20	

Tuesday, April 1, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Scrambled Egg (Whole, Cooked)	191	14.04	4.231	2.53	0	1.99	12.75	322	405	159
115 g										
Baked or Broiled Crab	102	4.68	0.805	0.08	0	0	14.18	404	70	228
75 g										
Philadelphia Original Cream Cheese	50	4.5	3	0.5	0	0.5	1	52.5	17.5	
1/2 x 1 oz, 14 g										
Total	2370	124.51	37.962	86.41	5.2	49.61	137.37	4098.5	812.5	958

Lunch

Dinner

Snacks/Other

Total	2370	124.51	37.962	86.41	5.2	49.61	137.37	4098.5	812.5	958

Wednesday, April 2, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Hellmann's Real Mayonnaise 2 x 1 tbsp, 26 g	180	20	3	0	0	0	0	180	10	
Alexia Crinkle Cut Sweet Potato Fries 1 1/2 x 12 pieces, 126 g	240	12	0.75	30	3	6	1.5	495	0	240
Ground Pork (Cooked) 4 oz	337	23.54	8.749	0	0	0	29.12	83	107	410
Ground Beef (85% Lean / 15% Fat) 4 oz	241	16.8	6.569	0	0	0	20.82	74	76	330
Stella Artois Lager 3 x 1 bottle, 33.6 oz	462	0	0	18.9	0	0	0	0	0	
Cheddar Cheese 2 slices (1 oz)	226	18.56	11.812	0.72	0	0.29	13.94	348	59	55
chia chia chili 4 x 100 gms, 400 g	340	20	12	12	4	0	28	800	400	
Trader Joe's Dark Chocolate Covered Cashews 1/4 cup, 40 g	210	15	6	20	2	14	3	0	0	
Bacon (Cured, Baked, Cooked) 1 oz	155	12.27	4.022	0.38	0	0	10.13	622	30	153
Trader Joe's Raw Whole Cashews 1/4 cup, 30 g	160	12	2	8	1	2	5	5	0	
Parmesan Cheese (Shredded) 7 g	29	1.91	1.216	0.24	0		2.65	119	5	7
Johnsonville Sausage Patty 1/2 x 1 patty, 16 g	50	4.5	1.5	0			2.5	110	10	
Scrambled Egg (Whole, Cooked)	91	6.72	2.023	1.21	0	0.95	6.1	154	194	76

Wednesday, April 2, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
55 g										
Total	2721	163.3	59.641	91.45	10	23.24	122.76	2990	891	1271
Lunch										
Dinner										
Snacks/Other										
Total	2721	163.3	59.641	91.45	10	23.24	122.76	2990	891	1271

Thursday, April 3, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Pepperoni 1/2 oz	66	5.71	2.281	0.57	0.2	0.11	2.88	253	17	45
Hard-Boiled Egg 1 large	78	5.3	1.634	0.56	0	0.56	6.29	62	212	63
Kraft Creamy Horseradish Sauce 3 x 1 tsp, 15 g	45	4.5	0	3	0	3	0	120	0	
Ground Pork (Cooked) 6 1/2 oz	547	38.25	14.218	0	0	0	47.31	134	173	667
Alexia Crinkle Cut Sweet Potato Fries 59 g	112	5.62	0.35	14.04	1.4	2.81	0.7	231.66	0	112.32
Trader Joe's Dark Chocolate Nibs 1 tbsp, 15 g	70	6	3.5	7	1	4	1	0		
Stella Artois Lager 2 x 1 bottle, 22.4 oz	308	0	0	12.6	0	0	0	0	0	
Trader Joe's Raw Almonds 1/4 cup, 28 g	160	14	1	6	3	1	6	0	0	167
Trader Joe's Raw Whole Cashews 1/4 cup, 30 g	160	12	2	8	1	2	5	5	0	
Johnsonville Sausage Patty 1 patty, 32 g	100	9	3	0			5	220	20	
Cheddar Cheese 30 g	121	9.94	6.328	0.38	0	0.16	7.47	186	32	29
Scrambled Egg (Whole, Cooked) 55 g	91	6.72	2.023	1.21	0	0.95	6.1	154	194	76
Total	**1858**	**117.04**	**36.334**	**53.36**	**6.6**	**14.59**	**87.75**	**1365.66**	**648**	**1159.32**

Thursday, April 3, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Lunch										
Dinner										
Snacks/Other										
Total	1858	117.04	36.334	53.36	6.6	14.59	87.75	1365.66	648	1159.32

Friday, April 4, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Cooked Asparagus (from Fresh) 4 medium spears (5-1/4" to 7" long)	25	1.41	0.283	2.58	1.2	0.81	1.49	148	0	140
Cooked Mushrooms (from Fresh) 4 oz	54	3.11	0.555	5.85	2.4	2.4	2.38	285	0	390
Philadelphia Original Cream Cheese 1 oz, 28 g	100	9	6	1	0	1	2	105	35	
Baked or Broiled Crab 120 g	163	7.49	1.288	0.13	0	0	22.69	647	113	365
Beef Steak (Lean Only Eaten) 4 oz boneless, cooked, lean only	212	7.52	2.803	0	0	0	33.8	429	77	388
Cheddar Cheese 1 slice (1 oz)	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
Pepperoni 1/2 oz	66	5.71	2.281	0.57	0.2	0.11	2.88	253	17	45
Duke's Roasted Cayenne Beef Jerky 1 oz, 28 g	45	0.5		2	0	2	7	230	20	
Trader Joe's Raw Whole Cashews 1/4 cup, 30 g	160	12	2	8	1	2	5	5	0	
Trader Joe's Dark Chocolate Nibs 1 tbsp, 15 g	70	6	3.5	7	1	4	1	0		
Bacon (Cured, Baked, Cooked) 1 oz	155	12.27	4.022	0.38	0	0	10.13	622	30	153
Hellmann's Real Mayonnaise 1/4 x 1 tbsp, 3 g	22	2.5	0.38	0	0	0	0	22.5	1.25	

Friday, April 4, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Hard-Boiled Egg 2 large	155	10.61	3.267	1.12	0	1.12	12.58	124	424	126
Alexia Crinkle Cut Sweet Potato Fries 1/4 x 12 pieces, 21 g	40	2	0.12	5	0.5	1	0.25	82.5	0	40
Ground Pork (Cooked) 4 oz	337	23.54	8.749	0	0	0	29.12	83	107	410
chia chia chili 2 x 100 gms, 200 g	170	10	6	6	2	0	14	400	200	
Total	1887	122.94	47.154	39.99	8.3	14.59	151.29	3610	1053.25	2084

Lunch

Dinner

Snacks/Other

Total	1887	122.94	47.154	39.99	8.3	14.59	151.29	3610	1053.25	2084

Saturday, April 5, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Trader Joe's Dark Chocolate Nibs 1 tbsp, 15 g	70	6	3.5	7	1	4	1	0		
Kona Brewing Company Longboard Island Lager 1 bottle, 12 oz	173	0		11.5	0	0	2.4	0	0	
Marie's Chunky Blue Cheese Dressing 2 tbsp, 28 g	160	17	3.5	0	0	0	1	160	15	
Chicken Wing 12 small (yield after cooking, bone removed)	968	64.85	18.159	0	0	0	89.51	1357	279	615
Cheddar Cheese 1 1/2 slices (1 oz)	169	13.92	8.859	0.54	0	0.22	10.46	261	44	41
The Ojai Cook Lemonaise 2 x 1 tbsp, 30 g	220	24	2	0	0	0	0	170	20	
Chicken of the Sea Chunk Light Tuna in Water (Can) 2 x 1 can drained, 226 g	200	2	0	0	0	0	44	720	80	300
Bacon (Cured, Baked, Cooked) 1 oz	155	12.27	4.022	0.38	0	0	10.13	622	30	153
Hard-Boiled Egg 1 large	78	5.3	1.634	0.56	0	0.56	6.29	62	212	63
Philadelphia Original Cream Cheese 1/4 x 1 oz, 7 g	25	2.25	1.5	0.25	0	0.25	0.5	26.25	8.75	
Baked or Broiled Crab 90 g	122	5.62	0.966	0.1	0	0	17.02	485	85	274
Johnsonville Sausage Patty 1/2 x 1 patty, 16 g	50	4.5	1.5	0			2.5	110	10	

Saturday, April 5, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Parmesan Cheese (Shredded)	21	1.37	0.868	0.17	0		1.89	85	4	5
5 g										
Scrambled Egg (Whole, Cooked)	91	6.72	2.023	1.21	0	0.95	6.1	154	194	76
55 g										
Total	2502	165.8	48.531	21.71	1	5.98	192.8	4212.25	981.75	1527

Lunch

Dinner

Snacks/Other

Total	2502	165.8	48.531	21.71	1	5.98	192.8	4212.25	981.75	1527

Sunday, April 6, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Pepperoni 1/2 oz	66	5.71	2.281	0.57	0.2	0.11	2.88	253	17	45
Kona Brewing Company Longboard Island Lager 1 bottle, 12 oz	173	0		11.5	0	0	2.4	0	0	
Red Tomatoes (Canned) 2 oz	10	0.07	0.01	2.22	0.5	1.45	0.45	73	0	107
Roast Beef (Lean Only Eaten) 4 oz boneless, lean only	225	9.66	3.661	0	0	0	32.11	246	85	347
Blue & Roquefort Cheese Salad Dressing 1 tbsp	76	7.84	1.485	1.11	0	0.54	0.72	164	3	6
Chicken Wing 3 small (yield after cooking, bone removed)	242	16.21	4.54	0	0	0	22.38	339	70	154
Cheddar Cheese 1 slice (1 oz)	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
Bacon (Cured, Baked, Cooked) 1/2 oz	78	6.13	2.011	0.19	0	0	5.06	311	15	76
Hellmann's Real Mayonnaise 3 x 1 tbsp, 39 g	270	30	4.5	0	0	0	0	270	15	
StarKist Foods Chunk Light Tuna in Water 2 1/2 x 3 oz drained, 212.5 g	100	2.5	0	0	0	0	25	450	62.5	250
Ground Pork 2 1/2 oz	186	15.02	5.578	0	0		11.96	40	51	203
Scrambled Egg (Whole, Cooked) 115 g	191	14.04	4.231	2.53	0	1.99	12.75	322	405	159
Parmesan Cheese (Shredded)	42	2.73	1.737	0.34	0		3.79	170	7	10

Sunday, April 6, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
10 g										
Baked or Broiled Crab	136	6.24	1.073	0.11	0	0	18.91	539	94	304
100 g										
Philadelphia Original Cream Cheese	50	4.5	3	0.5	0	0.5	1	52.5	17.5	
1/2 x 1 oz, 14 g										
Trader Joe's Dark Chocolate Nibs	70	6	3.5	7	1	4	1	0		
1 tbsp, 15 g										
Total	2028	135.93	43.513	26.43	1.7	8.74	147.38	3403.5	871	1688

Lunch

Dinner

Snacks/Other

Total	2028	135.93	43.513	26.43	1.7	8.74	147.38	3403.5	871	1688

Monday, April 7, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Cheddar Cheese 3 slices (1 oz)	339	27.84	17.717	1.08	0	0.44	20.92	522	88	82
Fage Total 0% Greek Yogurt 1/2 x 1 cup, 113.5 g	65	0	0	4.5	0	4.5	11.5	42.5	0	0
Ground Pork (Cooked) 4 oz	337	23.54	8.749	0	0	0	29.12	83	107	410
Chicken Thigh (Skin Not Eaten) 5 oz boneless, cooked, skinless	290	15.11	4.207	0	0	0	36.01	574	132	330
Maker's Mark Bourbon Whiskey 1 shot, 1 oz	69	0		0	0	0	0	0	0	
Guinness Draught 1 bottle, 12 oz	125	0	0	9.8	1	1	1	1	0	
Johnsonville Sausage Patty 1/2 x 1 patty, 16 g	50	4.5	1.5	0			2.5	110	10	
Duke's Roasted Cayenne Beef Jerky 1 1/2 x 1 oz, 42 g	68	0.75		3	0	3	10.5	345	30	
Beef Steak 2 3/4 oz boneless, cooked	196	11.7	4.582	0	0	0	21.28	291	64	238
Trader Joe's Raw Whole Cashews 1/2 x 1/4 cup, 15 g	80	6	1	4	0.5	1	2.5	2.5	0	
Hard-Boiled Egg 1 large	78	5.3	1.634	0.56	0	0.56	6.29	62	212	63
Trader Joe's Dark Chocolate Nibs 1 tbsp, 15 g	70	6	3.5	7	1	4	1	0		
Parmesan Cheese (Shredded)	42	2.73	1.737	0.34	0		3.79	170	7	10

Monday, April 7, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
10 g										
Scrambled Egg (Whole, Cooked)	91	6.72	2.023	1.21	0	0.95	6.1	154	194	76
55 g										
Hellmann's Real Mayonnaise	45	5	0.75	0	0	0	0	45	2.5	
1/2 x 1 tbsp, 6.5 g										
Bacon (Cured, Baked, Cooked)	155	12.27	4.022	0.38	0	0	10.13	622	30	153
1 oz										
Roast Beef (Lean Only Eaten)	225	9.66	3.661	0	0	0	32.11	246	85	347
4 oz boneless, lean only										
Red Tomatoes (Canned)	19	0.15	0.02	4.43	1	2.9	0.91	145	0	213
4 oz										
Total	2344	137.27	55.102	36.3	3.5	18.35	195.66	3415	961.5	1922

Lunch

Dinner

Snacks/Other

Total	2344	137.27	55.102	36.3	3.5	18.35	195.66	3415	961.5	1922

Tuesday, April 8, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Mayonnaise 1/3 tbsp	19	1.62	0.238	1.16	0	0.31	0.04	34	1	0
Heinz Tomato Ketchup 1 tbsp, 17 g	20	0	0	5	0	4	0	160	0	0
McDonald's French Fries (Small) 1 serving, 75 g	230	11	1.5	29	3	0	3	160	0	
Bacon 2 thin slices (yield after cooking)	54	4.18	1.374	0.14	0	0	3.7	231	11	56
Cheddar Cheese 1 slice (1 oz)	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
Ground Beef (Cooked) 4 1/2 oz cooked	348	23.41	9.061	0	0	0	31.94	504	111	362
Target Hamburger Bun 1 bun, 56 g	160	3	0	27	1	3	5	250	5	
Jason's Deli Ceasar Dressing 1/2 x 1 portion, 28 g	98	9.5	1.5	0.5	0	0	1	240	5.5	
Earthbound Farm Romaine 2 cups, 85 g	15	0	0	2	1	0	1	50	0	
Stella Artois Lager 1 bottle, 11.2 oz	154	0	0	6.3	0	0	0	0	0	
Guinness Draught Stout Beer 3/4 x 1 pint, 12 oz	161	0	0	13.5	0	13.5	1.2	36.75	0	0
Cherry Tomatoes 3 1/2 oz	16	0.18	0.042	3.57	1.1	2.39	0.8	5	0	
Red Tomatoes (Canned) 1 oz	5	0.04	0.005	1.11	0.3	0.73	0.23	36	0	53
Roast Beef (Lean Only Eaten)	168	7.25	2.746	0	0	0	24.09	185	64	260

Tuesday, April 8, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
3 oz boneless, lean only										
Bacon (Cured, Baked, Cooked)	155	12.27	4.022	0.38	0	0	10.13	622	30	153
1 oz										
Hellmann's Real Mayonnaise	22	2.5	0.38	0	0	0	0	22.5	1.25	
1/4 x 1 tbsp, 3 g										
Trader Joe's Dark Chocolate Nibs	70	6	3.5	7	1	4	1	0		
1 tbsp, 15 g										
Hard-Boiled Egg	78	5.3	1.634	0.56	0	0.56	6.29	62	212	63
1 large										
Trader Joe's Raw Whole Cashews	80	6	1	4	0.5	1	2.5	2.5	0	
1/2 x 1/4 cup, 15 g										
Chicken Thigh (Skin Not Eaten)	116	6.04	1.683	0	0	0	14.4	230	53	132
2 oz boneless, cooked, skinless										
Ground Pork (Cooked)	168	11.77	4.375	0	0	0	14.56	41	53	205
2 oz										
Parmesan Cheese (Shredded)	21	1.37	0.868	0.17	0		1.89	85	4	5
5 g										
Johnsonville Sausage Patty	50	4.5	1.5	0			2.5	110	10	
1/2 x 1 patty, 16 g										
Scrambled Egg (Whole, Cooked)	91	6.72	2.023	1.21	0	0.95	6.1	154	194	76
55 g										
Total	2412	131.93	43.357	102.96	7.9	30.59	138.34	3394.75	783.75	1392

Lunch

Dinner

Snacks/Other

Tuesday, April 8, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	2412	131.93	43.357	102.96	7.9	30.59	138.34	3394.75	783.75	1392

Wednesday, April 9, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Parmesan Cheese (Shredded) 1 1/2 oz	176	11.63	7.387	1.45	0		16.1	721	31	41
Maker's Mark Bourbon Whiskey 2 x 1 shot, 2 oz	138	0		0	0	0	0	0	0	
Roast Beef 6 oz boneless	454	29.46	11.59	0	0	0	44.07	369	129	497
Cooked Brussels Sprouts 3 oz	47	2.36	0.451	5.88	2.1	1.43	2.1	229	0	260
Broccoli 1 oz	10	0.1	0.011	1.88	0.7	0.48	0.8	9	0	90
Jones Dairy Farm All Natural Uncured Canadian Bacon 33 g	39	0.97	0.32	0.65	0	0.65	7.12	297.62	19.41	0
Cheddar Cheese 1 slice (1 oz)	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
Bacon (Cured, Baked, Cooked) 1 oz	155	12.27	4.022	0.38	0	0	10.13	622	30	153
Stella Artois Lager 2 x 1 bottle, 22.4 oz	308	0	0	12.6	0	0	0	0	0	
Sweet Red Peppers 3 oz	22	0.26	0.05	5.13	1.7	3.57	0.84	2	0	179
Hellmann's Real Mayonnaise 3 x 1 tbsp, 39 g	270	30	4.5	0	0	0	0	270	15	
Chicken of the Sea Chunk Light Tuna in Water (Can) 1 can drained, 113 g	100	1	0	0	0	0	22	360	40	150
Trader Joe's Raw Almonds 1/2 x 1/4 cup, 14 g	80	7	0.5	3	1.5	0.5	3	0	0	83.5

Wednesday, April 9, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Trader Joe's Raw Whole Cashews 1/2 x 1/4 cup, 15 g	80	6	1	4	0.5	1	2.5	2.5	0	
Trader Joe's Dark Chocolate Nibs 1 3/4 x 1 tbsp, 26 g	122	10.5	6.12	12.25	1.75	7	1.75	0		
Jones Dairy Farm All Natural Uncured Canadian Bacon 33 g	39	0.97	0.32	0.65	0	0.65	7.12	297.62	19.41	0
Cheddar Cheese 1 slice (1 oz)	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
Red Tomatoes (Canned) 1 oz	5	0.04	0.005	1.11	0.3	0.73	0.23	36	0	53
Ground Pork (Cooked) 1 oz	84	5.88	2.187	0	0	0	7.28	21	27	103
Niman Ranch Applewood Smoked Cured Ham Steak 28 g	37	1.33	0.5	0.33	0	0.33	5.66	303.03	16.65	
Cheddar Cheese 10 g	40	3.31	2.109	0.13	0	0.05	2.49	62	10	10
Scrambled Egg (Whole, Cooked) 115 g	191	14.04	4.231	2.53	0	1.99	12.75	322	405	159
Total	2623	155.68	57.115	52.69	8.55	18.68	159.88	4271.77	800.47	1832.5

Lunch

Dinner

Snacks/Other

Total	2623	155.68	57.115	52.69	8.55	18.68	159.88	4271.77	800.47	1832.5

Thursday, April 10, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Stella Artois Lager 1 bottle, 11.2 oz	154	0	0	6.3	0	0	0	0	0	
Parmesan Cheese (Shredded) 1 1/2 oz	176	11.63	7.387	1.45	0		16.1	721	31	41
Ground Pork (Cooked) 8 oz	673	47.08	17.499	0	0	0	58.23	165	213	821
Ground Pork (Cooked) 2 oz	168	11.77	4.375	0	0	0	14.56	41	53	205
Red Tomatoes (Canned) 1 oz	5	0.04	0.005	1.11	0.3	0.73	0.23	36	0	53
Trader Joe's Dark Chocolate Nibs 14 g	65	5.6	3.27	6.53	0.93	3.73	0.93	0		
Trader Joe's Raw Whole Cashews 1/2 x 1/4 cup, 15 g	80	6	1	4	0.5	1	2.5	2.5	0	
Trader Joe's Raw Almonds 1/2 x 1/4 cup, 14 g	80	7	0.5	3	1.5	0.5	3	0	0	83.5
Sweet Red Peppers 3 oz	22	0.26	0.05	5.13	1.7	3.57	0.84	2	0	179
Roast Beef 5 oz boneless	378	24.55	9.658	0	0	0	36.73	308	108	414
Bacon (Cured, Baked, Cooked) 1 oz	155	12.27	4.022	0.38	0	0	10.13	622	30	153
Parmesan Cheese (Shredded) 8 g	33	2.19	1.39	0.27	0		3.03	136	6	8
Nature's Place Uncured Ham 1 oz	20	0.3	0	0.2	0	0.2	3.2	120	8	

Thursday, April 10, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Scrambled Egg (Whole, Cooked)	91	6.72	2.023	1.21	0	0.95	6.1	154	194	76
55 g										
Total	2100	135.41	51.179	29.58	4.93	10.68	155.58	2307.5	643	2033.5
Lunch										
Dinner										
Snacks/Other										
Total	2100	135.41	51.179	29.58	4.93	10.68	155.58	2307.5	643	2033.5

Friday, April 11, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bacon 4 thin slices (yield after cooking)	108	8.36	2.748	0.29	0	0	7.41	462	22	113
Sargento Natural Vermont Sharp White Cheddar 1 slice, 20 g	80	7	4	0	0	0	5	125	20	0
Ground Beef (85% Lean / 15% Fat) 4 oz	241	16.8	6.569	0	0	0	20.82	74	76	330
Lakeland Hamburger Bun 1 bun , 38 g	110	1	0	23	1	3	4	230	0	
Applebee's French Fries 1/2 x 1 serving	215	13	2.5	21.5	0	0	2	125	0	
Master Choice Garlic Croutons 8 croutons , 7 g	35	1.5	0.1	5	0	0	1	55		
Jason's Deli Ceasar Dressing 1 portion, 56 g	196	19	3	1	0	0	2	480	11	
Earthbound Farm Romaine 2 cups, 85 g	15	0	0	2	1	0	1	50	0	
Guinness Draught Stout Beer 2 x 1 pint, 32 oz	430	0	0	36	0	36	3.2	98	0	0
Maker's Mark Bourbon Whiskey 1 shot, 1 oz	69	0		0	0	0	0	0	0	
Duke's Spicy Bar-B-Q Beef Brisket Strips 3 x 1 oz, 84 g	210	4.5	4.5	9	0	6	18	510	60	
The Cookie Factory Caramel Apple Crunch Cookie 2 x 1 cookie, 2.2 oz	260	10		38			4			

Friday, April 11, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Jones Dairy Farm All Natural Uncured Canadian Bacon 16 g	19	0.47	0.16	0.31	0	0.31	3.45	144.44	9.42	0
Scrambled Egg (Whole, Cooked) 55 g	91	6.72	2.023	1.21	0	0.95	6.1	154	194	76
Bacon (Cured, Baked, Cooked) 1 oz	155	12.27	4.022	0.38	0	0	10.13	622	30	153
Roast Beef 5 oz boneless	378	24.55	9.658	0	0	0	36.73	308	108	414
Trader Joe's Raw Almonds 1/2 x 1/4 cup, 14 g	80	7	0.5	3	1.5	0.5	3	0	0	83.5
Trader Joe's Raw Whole Cashews 1/2 x 1/4 cup, 15 g	80	6	1	4	0.5	1	2.5	2.5	0	
Trader Joe's Dark Chocolate Nibs 14 g	65	5.6	3.27	6.53	0.93	3.73	0.93	0		
Parmesan Cheese (Shredded) 7 g	29	1.91	1.216	0.24	0		2.65	119	5	7
Total	2866	145.68	45.266	151.46	4.93	51.49	133.92	3558.94	535.42	1176.5

Lunch

Dinner

Snacks/Other

Total	2866	145.68	45.266	151.46	4.93	51.49	133.92	3558.94	535.42	1176.5

Saturday, April 12, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Parmesan Cheese (Shredded) 8 tbsps	166	10.94	6.948	1.36	0		15.14	678	29	39
Philadelphia Original Cream Cheese 15 g	54	4.82	3.22	0.54	0	0.54	1.07	56.28	18.76	
Baked or Broiled Crab 120 g	163	7.49	1.288	0.13	0	0	22.69	647	113	365
Cheddar Cheese 1 slice (1 oz)	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
Bacon (Cured, Baked, Cooked) 20 g	110	8.65	2.837	0.27	0	0	7.15	439	21	108
Hellmann's Real Mayonnaise 4 x 1 tbsp, 52 g	360	40	6	0	0	0	0	360	20	
Chicken of the Sea Chunk Light Tuna in Water (Can) 1 can drained, 113 g	100	1	0	0	0	0	22	360	40	150
Trader Joe's 73% Organic Dark Chocolate 14 g	76	5.09	2.97	6.36	1.7	3.82	0.85	0	0	
Niman Ranch Applewood Smoked Cured Ham Steak 28 g	37	1.33	0.5	0.33	0	0.33	5.66	303.03	16.65	
Scrambled Egg (Whole, Cooked) 115 g	191	14.04	4.231	2.53	0	1.99	12.75	322	405	159
Cheddar Cheese 80 g	322	26.51	16.874	1.02	0	0.42	19.92	497	84	78
chia chia chili 1 1/2 x 100 gms, 150 g	128	7.5	4.5	4.5	1.5	0	10.5	300	150	
Red Tomatoes (Canned)	5	0.04	0.005	1.11	0.3	0.73	0.23	36	0	53

Saturday, April 12, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 oz										
Ground Pork (Cooked)	337	23.54	8.749	0	0	0	29.12	83	107	410
4 oz										
Total	2162	160.23	64.028	18.51	3.5	7.98	154.05	4255.31	1033.41	1389

Lunch

Dinner

Snacks/Other

Total	2162	160.23	64.028	18.51	3.5	7.98	154.05	4255.31	1033.41	1389

Sunday, April 13, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Homemade-Style Spaghetti Sauce with Beef or Meat 3/4 cup	211	12.06	3.145	15.71	3.4	8.89	12.21	913	32	797
Stella Artois Lager 3 x 1 bottle, 33.6 oz	462	0	0	18.9	0	0	0	0	0	
Ian's Onion Rings & Strings 6 rings, 70 g	152	7	1	16	1	1	2	180	0	
Maker's Mark Bourbon Whiskey 2 x 1 shot, 2 oz	138	0		0	0	0	0	0	0	
Philadelphia Original Cream Cheese 1 oz, 28 g	100	9	6	1	0	1	2	105	35	
Cheddar Cheese 1/2 slice (1 oz)	56	4.64	2.953	0.18	0	0.07	3.49	87	15	14
chia chia chili 3 1/2 x 100 gms, 350 g	298	17.5	10.5	10.5	3.5	0	24.5	700	350	
Trader Joe's 73% Organic Dark Chocolate 28 g	153	10.18	5.94	12.72	3.39	7.63	1.7	0	0	
Parmesan Cheese (Shredded) 2 g	8	0.55	0.347	0.07	0		0.76	34	1	2
Ground Pork (Cooked) 2 oz	168	11.77	4.375	0	0	0	14.56	41	53	205
Egg Yolk 1 large	55	4.51	1.624	0.61	0	0.1	2.7	8	210	19
Baked or Broiled Crab 2 1/2 servings (85 g per serve)	289	13.26	2.28	0.23	0	0	40.18	1145	200	646
Total	**2090**	**90.47**	**38.164**	**75.92**	**11.29**	**18.69**	**104.1**	**3213**	**896**	**1683**

Sunday, April 13, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Lunch										
Dinner										
Snacks/Other										
Total	2090	90.47	38.164	75.92	11.29	18.69	104.1	3213	896	1683

Monday, April 14, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Trader Joe's Shaved Grana Padano Parmesan 3 x 1 tbsp, 15 g	60	4.5	3	0	0	0	6	135	15	
Homemade-Style Spaghetti Sauce with Beef or Meat 150 g	170	9.69	2.526	12.62	2.7	7.14	9.81	733	25	641
T. Marzetti Simply Dressed Blue Cheese Salad Dressing 1/2 x 2 tbsp, 15 g	65	7	1	0.5	0	0.5	0.5	120	10	
chia chia chili 1 3/4 x 100 gms, 175 g	149	8.75	5.25	5.25	1.75	0	12.25	350	175	
Trader Joe's 73% Organic Dark Chocolate 15 g	82	5.46	3.18	6.82	1.82	4.1	0.91	0	0	
Cherry Tomatoes 2 oz	9	0.1	0.024	2.04	0.6	1.37	0.46	3	0	
Ground Pork 3 oz	224	18.02	6.693	0	0		14.36	48	61	244
Trader Joe's Uncured Apple Smoked Bacon 2 x 1 pan fried slice, 30 g	180	14	5	0	0	0	10	480	30	
Trader Joe's Raw Almonds 1/4 x 1/4 cup, 7 g	40	3.5	0.25	1.5	0.75	0.25	1.5	0	0	41.75
Trader Joe's Raw Cashew Pieces 1/2 x 1/4 cup, 15 g	85	6.5	1.25	4.5	0.5	1	2.5	0	0	
Duke's Spicy Bar-B-Q Beef Brisket Strips 1 1/2 x 1 oz, 42 g	105	2.25	2.25	4.5	0	3	9	255	30	
Philadelphia Original Cream Cheese	60	5.4	3.6	0.6	0	0.6	1.2	63	21	

Monday, April 14, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
17 g										
Baked or Broiled Crab	116	5.3	0.912	0.09	0	0	16.07	458	80	258
1 serving (85 g)										
Niman Ranch Applewood Smoked Uncured Ham Steak	18	0.63	0.18	0.18	0	0.18	2.86	134.25	7.16	
10 g										
Cheddar Cheese	24	1.99	1.266	0.08	0	0.03	1.49	37	6	6
6 g										
Scrambled Egg (Whole, Cooked)	91	6.72	2.023	1.21	0	0.95	6.1	154	194	76
55 g										
Total	1478	99.81	38.404	39.89	8.12	19.12	95.01	2970.25	654.16	1266.75

Lunch

Dinner

Snacks/Other

Total	1478	99.81	38.404	39.89	8.12	19.12	95.01	2970.25	654.16	1266.75

Tuesday, April 15, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Maker's Mark Bourbon Whiskey 1 shot, 1 oz	69	0		0	0	0	0	0	0	
Stella Artois Lager 1 bottle, 11.2 oz	154	0	0	6.3	0	0	0	0	0	
Cheddar Cheese 2 slices (1 oz)	226	18.56	11.812	0.72	0	0.29	13.94	348	59	55
Scrambled Egg (Whole, Cooked) 55 g	91	6.72	2.023	1.21	0	0.95	6.1	154	194	76
Niman Ranch Applewood Smoked Uncured Ham Steak 10 g	18	0.63	0.18	0.18	0	0.18	2.86	134.25	7.16	
Baked or Broiled Crab 1 serving (85 g)	116	5.3	0.912	0.09	0	0	16.07	458	80	258
Philadelphia Original Cream Cheese 17 g	61	5.46	3.64	0.61	0	0.61	1.21	63.74	21.24	
Duke's Spicy Bar-B-Q Beef Brisket Strips 1 1/2 x 1 oz, 42 g	105	2.25	2.25	4.5	0	3	9	255	30	
Trader Joe's Raw Cashew Pieces 1/2 x 1/4 cup, 15 g	85	6.5	1.25	4.5	0.5	1	2.5	0	0	
Trader Joe's Raw Almonds 1/2 x 1/4 cup, 14 g	80	7	0.5	3	1.5	0.5	3	0	0	83.5
Trader Joe's Uncured Apple Smoked Bacon 28 g	168	13.07	4.67	0	0	0	9.34	448.08	28	
Ground Pork	224	18.02	6.693	0	0		14.36	48	61	244

Tuesday, April 15, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
3 oz										
Cherry Tomatoes	14	0.16	0.036	3.06	0.9	2.05	0.69	4	0	
3 oz										
Trader Joe's 73% Organic Dark Chocolate	82	5.46	3.18	6.82	1.82	4.1	0.91	0	0	
15 g										
chia chia chili	276	16.25	9.75	9.75	3.25	0	22.75	650	325	
3 1/4 x 100 gms, 325 g										
Homemade-Style Spaghetti Sauce with Beef or Meat	170	9.69	2.526	12.62	2.7	7.14	9.81	733	25	641
150 g										
Trader Joe's Shaved Grana Padano Parmesan	20	1.5	1	0	0	0	2	45	5	
1 tbsp, 5 g										
Total	1959	116.57	50.422	53.36	10.67	19.82	114.54	3341.07	835.4	1357.5

Lunch

Dinner

Snacks/Other

Total	1959	116.57	50.422	53.36	10.67	19.82	114.54	3341.07	835.4	1357.5

Wednesday, April 16, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Maker's Mark Bourbon Whiskey 1 shot, 1 oz	69	0		0	0	0	0	0	0	
Alexia Crinkle Cut Sweet Potato Fries 1 1/2 x 12 pieces, 126 g	240	12	0.75	30	3	6	1.5	495	0	240
Ground Pork (Cooked) 6 oz	505	35.31	13.124	0	0	0	43.67	124	160	615
Boar's Head Sandwich Style Pepperoni 1/2 x 1 oz, 14 g	65	5.5	2.25	0.5	0	0.5	3	240	12.5	0
chia chia chili 2 x 100 gms, 200 g	170	10	6	6	2	0	14	400	200	
Trader Joe's Shaved Grana Padano Parmesan 1 tbsp, 5 g	20	1.5	1	0	0	0	2	45	5	
Trader Joe's 73% Organic Dark Chocolate 15 g	82	5.46	3.18	6.82	1.82	4.1	0.91	0	0	
Cherry Tomatoes 3 oz	14	0.16	0.036	3.06	0.9	2.05	0.69	4	0	
Ground Pork 2 oz	149	12.01	4.462	0	0		9.57	32	41	163
Trader Joe's Uncured Apple Smoked Bacon 28 g	168	13.07	4.67	0	0	0	9.34	448.08	28	
Trader Joe's Raw Cashew Pieces 1/2 x 1/4 cup, 15 g	85	6.5	1.25	4.5	0.5	1	2.5	0	0	
Philadelphia Original Cream Cheese	61	5.46	3.64	0.61	0	0.61	1.21	63.74	21.24	

Wednesday, April 16, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
17 g										
Baked or Broiled Crab	116	5.3	0.912	0.09	0	0	16.07	458	80	258
1 serving (85 g)										
Niman Ranch Applewood Smoked Uncured Ham Steak	18	0.63	0.18	0.18	0	0.18	2.86	134.25	7.16	
10 g										
Scrambled Egg (Whole, Cooked)	91	6.72	2.023	1.21	0	0.95	6.1	154	194	76
55 g										
Cheddar Cheese	282	23.2	14.764	0.9	0	0.36	17.43	435	74	69
2 1/2 slices (1 oz)										
Total	2135	142.82	58.241	53.87	8.22	15.75	130.85	3033.07	822.9	1421

Lunch

Dinner

Snacks/Other

Total	2135	142.82	58.241	53.87	8.22	15.75	130.85	3033.07	822.9	1421

Thursday, April 17, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Maker's Mark Bourbon Whiskey 2 x 1 shot, 2 oz	138	0		0	0	0	0	0	0	
Alexia Crinkle Cut Sweet Potato Fries 12 pieces, 84 g	160	8	0.5	20	2	4	1	330	0	160
Ground Pork (Cooked) 5 oz	421	29.42	10.937	0	0	0	36.39	103	133	513
chia chia chili 1 1/2 x 100 gms, 150 g	128	7.5	4.5	4.5	1.5	0	10.5	300	150	
Trader Joe's 73% Organic Dark Chocolate 1/2 x 4 sections, 16.5 g	90	6	3.5	7.5	2	4.5	1	0	0	
Trader Joe's 73% Organic Dark Chocolate 15 g	82	5.46	3.18	6.82	1.82	4.1	0.91	0	0	
Bacon (Cured, Baked, Cooked) 1 oz	155	12.27	4.022	0.38	0	0	10.13	622	30	153
Cheddar Cheese 2 slices (1 oz)	226	18.56	11.812	0.72	0	0.29	13.94	348	59	55
Chicken of the Sea Chunk Light Tuna in Water (Can) 1 can drained, 113 g	100	1	0	0	0	0	22	360	40	150
Hellmann's Real Mayonnaise 3 x 1 tbsp, 39 g	270	30	4.5	0	0	0	0	270	15	
Scrambled Egg (Whole, Cooked) 55 g	91	6.72	2.023	1.21	0	0.95	6.1	154	194	76
Niman Ranch Applewood Smoked Uncured Ham Steak	18	0.63	0.18	0.18	0	0.18	2.86	134.25	7.16	

Thursday, April 17, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
10 g										
Trader Joe's Shaved Grana Padano Parmesan	24	1.8	1.2	0	0	0	2.4	54	6	
6 g										
Total	1903	127.36	46.354	41.31	7.32	14.02	107.23	2675.25	634.16	1107
Lunch										
Dinner										
Snacks/Other										
Total	1903	127.36	46.354	41.31	7.32	14.02	107.23	2675.25	634.16	1107

Saturday, April 19, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Trader Joe's Raw Whole Cashews 1/4 cup, 30 g	160	12	2	8	1	2	5	5	0	
Cheddar Cheese 1 slice (1 oz)	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
Deli Sliced Ham 40 g	65	3.36	1.08	0.91	0	0	7.3	511	21	119
Scrambled Eggs (Frozen Mixture) 115 g	151	6.44	1.21	8.62	0	8.62	15.06	186	75	169
Total	489	31.08	10.196	17.89	1	10.77	34.33	876	125	315
Lunch										
Dinner										
Snacks/Other										
Total	489	31.08	10.196	17.89	1	10.77	34.33	876	125	315

Monday, April 21, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Trader Joe's Shaved Grana Padano Parmesan 6 x 1 tbsp, 30 g	120	9	6	0	0	0	12	270	30	
Cheddar Cheese 3/4 slice (1 oz)	85	6.96	4.429	0.27	0	0.11	5.23	130	22	21
Red Tomatoes (Canned) 2 oz	10	0.07	0.01	2.22	0.5	1.45	0.45	73	0	107
Ground Beef (85% Lean / 15% Fat) 10 oz	602	42	16.422	0	0	0	52.05	185	190	826
Trader Joe's Raw Almonds 1/2 x 1/4 cup, 14 g	80	7	0.5	3	1.5	0.5	3	0	0	83.5
Pork Roast (Lean Only Eaten) 3 oz boneless, lean only	177	8.14	2.967	0	0	0	24.2	246	69	360
Cherry Tomatoes 3 oz	14	0.16	0.036	3.06	0.9	2.05	0.69	4	0	
Niman Ranch Applewood Smoked Uncured Ham Steak 20 g	36	1.25	0.36	0.36	0	0.36	5.71	267.75	14.28	
Scrambled Egg (Whole, Cooked) 115 g	191	14.04	4.231	2.53	0	1.99	12.75	322	405	159
Hellmann's Real Mayonnaise 3 x 1 tbsp, 39 g	270	30	4.5	0	0	0	0	270	15	
Chicken of the Sea Chunk Light Tuna in Water (Can) 1 can drained, 113 g	100	1	0	0	0	0	22	360	40	150
Bacon (Cured, Baked, Cooked) 1 oz	155	12.27	4.022	0.38	0	0	10.13	622	30	153
Cheddar Cheese	161	13.26	8.437	0.51	0	0.21	9.96	248	42	39

Monday, April 21, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
40 g										
Trader Joe's Raw Whole Cashews	80	6	1	4	0.5	1	2.5	2.5	0	
1/2 x 1/4 cup, 15 g										
Total	2081	151.15	52.914	16.33	3.4	7.67	160.67	3000.25	857.28	1898.5
Lunch										
Dinner										
Snacks/Other										
Total	2081	151.15	52.914	16.33	3.4	7.67	160.67	3000.25	857.28	1898.5

Tuesday, April 22, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Seth Ellis Chocolatier Sun Cups	58	4	1.5	4	0.5	3.5	1	5	0	
1/4 x 2 pieces, 10 g										
Kikkoman Panko Japanese Style Bread Crumbs	40	0.33	0	7.99	1	0.67	1	13.32	0	
10 g										
Baked or Broiled Crab	163	7.49	1.288	0.13	0	0	22.69	647	113	365
120 g										
Pork Roast (Lean Only Eaten)	354	16.28	5.935	0	0	0	48.39	492	138	720
6 oz boneless, lean only										
Trader Joe's 73% Organic Dark Chocolate	76	5.09	2.97	6.36	1.7	3.82	0.85	0	0	
14 g										
Hard-Boiled Egg	116	7.96	2.45	0.84	0	0.84	9.44	93	318	94
1 1/2 large										
Trader Joe's Raw Whole Cashews	80	6	1	4	0.5	1	2.5	2.5	0	
1/2 x 1/4 cup, 15 g										
Chicken of the Sea Chunk Light Tuna in Water (Can)	100	1	0	0	0	0	22	360	40	150
1 can drained, 113 g										
Hellmann's Real Mayonnaise	360	40	6	0	0	0	0	360	20	
4 x 1 tbsp, 52 g										
Scrambled Egg (Whole, Cooked)	91	6.72	2.023	1.21	0	0.95	6.1	154	194	76
55 g										
Niman Ranch Applewood Smoked Uncured Ham Steak	18	0.63	0.18	0.18	0	0.18	2.86	134.25	7.16	
10 g										
Cherry Tomatoes	14	0.16	0.036	3.06	0.9	2.05	0.69	4	0	

Tuesday, April 22, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
3 oz										
Trader Joe's Raw Almonds	80	7	0.5	3	1.5	0.5	3	0	0	83.5
1/2 x 1/4 cup, 14 g										
Ground Beef (85% Lean / 15% Fat)	241	16.8	6.569	0	0	0	20.82	74	76	330
4 oz										
Red Tomatoes (Canned)	5	0.04	0.005	1.11	0.3	0.73	0.23	36	0	53
1 oz										
Trader Joe's Shaved Grana Padano Parmesan	20	1.5	1	0	0	0	2	45	5	
1 tbsp, 5 g										
Total	1816	121	31.456	31.88	6.4	14.24	143.57	2420.07	911.16	1871.5

Lunch

Dinner

Snacks/Other

Total	1816	121	31.456	31.88	6.4	14.24	143.57	2420.07	911.16	1871.5

Wednesday, April 23, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bacon (Cured, Baked, Cooked) 1 oz	155	12.27	4.022	0.38	0	0	10.13	622	30	153
Chicken Dark Meat (Roasting) 3 oz	96	3.07	0.791	0	0	0	15.94	81	61	193
Seth Ellis Chocolatier Sun Cups 1/4 x 2 pieces, 10 g	58	4	1.5	4	0.5	3.5	1	5	0	
Cheddar Cheese 1 1/2 slices (1 oz)	169	13.92	8.859	0.54	0	0.22	10.46	261	44	41
Sargento Ultra Thin Swiss Cheese 3 x 1 slice, 33 g	120	9		0.9			9			
Canadian Bacon 1 1/2 oz cooked	78	3.54	1.193	0.57	0	0	10.18	649	24	164
Trader Joe's Raw Almonds 1/2 x 1/4 cup, 14 g	80	7	0.5	3	1.5	0.5	3	0	0	83.5
Hellmann's Real Mayonnaise 1 1/2 x 1 tbsp, 19.5 g	135	15	2.25	0	0	0	0	135	7.5	
Trader Joe's Raw Whole Cashews 1/2 x 1/4 cup, 15 g	80	6	1	4	0.5	1	2.5	2.5	0	
Hard-Boiled Egg 3 large	232	15.92	4.9	1.68	0	1.68	18.87	186	636	189
Trader Joe's 73% Organic Dark Chocolate 14 g	76	5.09	2.97	6.36	1.7	3.82	0.85	0	0	
Baked or Broiled Crab 30 g	41	1.87	0.322	0.03	0	0	5.67	162	28	91
Kikkoman Panko Japanese Style Bread Crumbs	20	0.17	0	4.01	0.5	0.33	0.5	6.68	0	

Wednesday, April 23, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
5 g										
Ground Beef (85% Lean / 15% Fat)	181	12.6	4.927	0	0	0	15.62	55	57	248
3 oz										
Ground Beef (85% Lean / 15% Fat)	30	2.1	0.821	0	0	0	2.6	9	10	41
1/2 oz										
Cheddar Cheese	64	5.3	3.375	0.2	0	0.08	3.98	99	17	16
16 g										
Scrambled Egg (Whole, Cooked)	91	6.72	2.023	1.21	0	0.95	6.1	154	194	76
55 g										
Total	1706	123.57	39.453	26.88	4.7	12.08	116.4	2427.18	1108.5	1295.5

Lunch

Dinner

Snacks/Other

Total	1706	123.57	39.453	26.88	4.7	12.08	116.4	2427.18	1108.5	1295.5

Thursday, April 24, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Trader Joe's Dark Chocolate Covered Almonds 8 pieces, 30 g	230	16	6	19	3	13	4			
Califia Farms Pure Coconut Almond Milk Blend 1/2 x 8 fl oz, 118.5 ml	25	2.25	0.5	0.5	0.5	0	0.5	80	0	0
Cheddar Cheese 42 g	169	13.92	8.859	0.54	0	0.22	10.46	261	44	41
Cheddar Cheese 50 g	202	16.57	10.546	0.64	0	0.26	12.45	310	52	49
chia chia chili 3 x 100 gms, 300 g	255	15	9	9	3	0	21	600	300	
Trader Joe's Shaved Grana Padano Parmesan 1 tbsp, 5 g	20	1.5	1	0	0	0	2	45	5	
Red Tomatoes (Canned) 1 oz	5	0.04	0.005	1.11	0.3	0.73	0.23	36	0	53
Cherry Tomatoes 1 oz	5	0.05	0.012	1.02	0.3	0.68	0.23	1	0	
Pork Roast (Lean Only Eaten) 4 oz boneless, lean only	236	10.85	3.957	0	0	0	32.26	328	92	480
Scrambled Egg (Whole, Cooked) 55 g	91	6.72	2.023	1.21	0	0.95	6.1	154	194	76
Ground Beef (85% Lean / 15% Fat) 4 oz	241	16.8	6.569	0	0	0	20.82	74	76	330
Trader Joe's 73% Organic Dark Chocolate 14 g	76	5.09	2.97	6.36	1.7	3.82	0.85	0	0	

Thursday, April 24, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Hard-Boiled Egg 1 large	78	5.3	1.634	0.56	0	0.56	6.29	62	212	63
Trader Joe's Raw Whole Cashews 1/2 x 1/4 cup, 15 g	80	6	1	4	0.5	1	2.5	2.5	0	
Hellmann's Real Mayonnaise 1/2 x 1 tbsp, 6.5 g	45	5	0.75	0	0	0	0	45	2.5	
Trader Joe's Raw Almonds 1/2 x 1/4 cup, 14 g	80	7	0.5	3	1.5	0.5	3	0	0	83.5
Canadian Bacon 1 oz cooked	52	2.36	0.795	0.38	0	0	6.79	433	16	109
Sargento Ultra Thin Swiss Cheese 2 x 1 slice, 22 g	80	6		0.6			6			
Bacon (Cured, Baked, Cooked) 1 3/4 oz	272	21.47	7.039	0.67	0	0	17.73	1088	53	267
Total	2242	157.92	63.159	48.59	10.8	21.72	153.21	3519.5	1046.5	1551.5

Lunch

Dinner

Snacks/Other

Total	2242	157.92	63.159	48.59	10.8	21.72	153.21	3519.5	1046.5	1551.5

Friday, April 25, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Trader Joe's Dark Belgian Chocolate Covered Almonds 1/4 cup, 40 g	240	18	8	17	5	9	5	25	0	
Bacon (Cured, Baked, Cooked) 19 g	104	8.22	2.696	0.26	0	0	6.79	417	20	102
Cheddar Cheese 42 g	169	13.92	8.859	0.54	0	0.22	10.46	261	44	41
The Ojai Cook Lemonaise 2 x 1 tbsp, 30 g	220	24	2	0	0	0	0	170	20	
Hellmann's Real Mayonnaise 3 x 1 tbsp, 39 g	270	30	4.5	0	0	0	0	270	15	
365 Albacore Wild Tuna in Spring Water 2 x 2 oz, 112 g	140	6	0	0	0	0	24	90	30	
Oberto BBQ Pork Jerky 1/2 x 1 oz, 14 g	45	1.25	0.5	3.5	0	3	5	200	17.5	
Bacon (Cured, Baked, Cooked) 1 oz	155	12.27	4.022	0.38	0	0	10.13	622	30	153
Sargento Ultra Thin Swiss Cheese 2 x 1 slice, 22 g	80	6		0.6			6			
Canadian Bacon 1 oz cooked	52	2.36	0.795	0.38	0	0	6.79	433	16	109
Hellmann's Real Mayonnaise 1/4 x 1 tbsp, 3 g	22	2.5	0.38	0	0	0	0	22.5	1.25	
Trader Joe's Raw Whole Cashews 1/2 x 1/4 cup, 15 g	80	6	1	4	0.5	1	2.5	2.5	0	
Hard-Boiled Egg	78	5.3	1.634	0.56	0	0.56	6.29	62	212	63

Friday, April 25, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 large										
Trader Joe's 73% Organic Dark Chocolate	76	5.09	2.97	6.36	1.7	3.82	0.85	0	0	
14 g										
Ground Beef (85% Lean / 15% Fat)	241	16.8	6.569	0	0	0	20.82	74	76	330
4 oz										
Scrambled Egg (Whole, Cooked)	91	6.72	2.023	1.21	0	0.95	6.1	154	194	76
55 g										
Pork Roast (Lean Only Eaten)	236	10.85	3.957	0	0	0	32.26	328	92	480
4 oz boneless, lean only										
Red Tomatoes (Canned)	5	0.04	0.005	1.11	0.3	0.73	0.23	36	0	53
1 oz										
Trader Joe's Shaved Grana Padano Parmesan	20	1.5	1	0	0	0	2	45	5	
1 tbsp, 5 g										
chia chia chili	128	7.5	4.5	4.5	1.5	0	10.5	300	150	
1 1/2 x 100 gms, 150 g										
Total	2452	184.32	55.41	40.4	9	19.28	155.72	3512	922.75	1407

Lunch

Dinner

Snacks/Other

Total	2452	184.32	55.41	40.4	9	19.28	155.72	3512	922.75	1407

Saturday, April 26, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Trader Joe's Dark Chocolate Covered Almonds 8 pieces, 30 g	230	16	6	19	3	13	4			
Cheddar Cheese 1 slice (1 oz)	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
Deli Sliced Ham 60 g	97	5.03	1.62	1.37	0	0	10.96	767	32	178
The Ojai Cook Lemonaise 2 x 1 tbsp, 30 g	220	24	2	0	0	0	0	170	20	
Blue Crab (Canned) 3 oz	84	1.05	0.214	0	0	0	17.45	283	76	318
Cooked Egg Yolk 1 large	55	4.49	1.617	0.61	0	0.1	2.69	34	209	19
Total	799	59.85	17.357	21.34	3	13.25	42.07	1428	366	542
Lunch										
Dinner										
Snacks/Other										
Total	**799**	**59.85**	**17.357**	**21.34**	**3**	**13.25**	**42.07**	**1428**	**366**	**542**

Monday, April 28, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
T. Marzetti Simply Dressed Blue Cheese Salad Dressing 2 tbsp, 30 g	130	14	2	1	0	1	1	240	20	
Chicken Wing (Skin Eaten) 5 medium (yield after cooking, bone removed)	461	30.88	8.647	0	0	0	42.62	646	133	293
Chicken Wing (Skin Eaten) 5 small (yield after cooking, bone removed)	403	27.02	7.566	0	0	0	37.3	566	116	256
Dry Roasted Pistachio Nuts (Without Salt Added) 10 kernels	40	3.22	0.389	1.94	0.7	0.55	1.49	1	0	73
Duke's Roasted Cayenne Beef Jerky 1 1/2 x 1 oz, 42 g	68	0.75		3	0	3	10.5	345	30	
Trader Joe's 73% Organic Dark Chocolate 15 g	82	5.46	3.18	6.82	1.82	4.1	0.91	0	0	
Beef Steak 4 oz boneless (yield after cooking)	222	13.21	5.172	0	0	0	24.02	328	72	268
Cooked Mushrooms 3 oz	41	2.33	0.416	4.39	1.8	1.8	1.79	213	0	293
Trader Joe's Raw Almonds 1/2 x 1/4 cup, 14 g	80	7	0.5	3	1.5	0.5	3	0	0	83.5
Trader Joe's Raw Whole Cashews 1/2 x 1/4 cup, 15 g	80	6	1	4	0.5	1	2.5	2.5	0	
Bacon (Cured, Baked, Cooked) 26 g	142	11.25	3.689	0.35	0	0	9.29	570	28	140
Hellmann's Real Mayonnaise 1/4 x 1 tbsp, 3 g	22	2.5	0.38	0	0	0	0	22.5	1.25	

Monday, April 28, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Hard-Boiled Egg 1 1/2 large	116	7.96	2.45	0.84	0	0.84	9.44	93	318	94
Cooked Egg Yolk 1 large	55	4.49	1.617	0.61	0	0.1	2.69	34	209	19
Philadelphia Original Cream Cheese 1/4 x 1 oz, 7 g	25	2.25	1.5	0.25	0	0.25	0.5	26.25	8.75	
Baked or Broiled Crab 1 serving (85 g)	116	5.3	0.912	0.09	0	0	16.07	458	80	258
Total	2083	143.62	39.418	26.29	6.32	13.14	163.12	3545.25	1016	1777.5

Lunch

Dinner

Snacks/Other

Total	2083	143.62	39.418	26.29	6.32	13.14	163.12	3545.25	1016	1777.5

Tuesday, April 29, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Chicken Wing 3 medium (yield after cooking, bone removed)	276	18.53	5.188	0	0	0	25.57	388	80	176
BelGioioso Fresh Mozzarella Cheese 1 oz, 28 g	70	5	3	0.5	0	0	5	85	20	
Tomatoes 5 1/2 oz, raw, yields	26	0.29	0.066	5.61	1.7	3.76	1.26	7	0	339
Ground Beef (Cooked) 4 oz cooked	309	20.81	8.055	0	0	0	28.39	448	99	321
Canadian Bacon 1 oz cooked	52	2.36	0.795	0.38	0	0	6.79	433	16	109
Cheddar Cheese 1 slice (1 oz)	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
Hard-Boiled Egg 1 large	78	5.3	1.634	0.56	0	0.56	6.29	62	212	63
Hellmann's Real Mayonnaise 1/4 x 1 tbsp, 3 g	22	2.5	0.38	0	0	0	0	22.5	1.25	
Bacon (Cured, Baked, Cooked) 30 g	164	12.98	4.256	0.4	0	0	10.72	658	32	162
Trader Joe's Raw Whole Cashews 1/2 x 1/4 cup, 15 g	80	6	1	4	0.5	1	2.5	2.5	0	
Trader Joe's Raw Almonds 1/2 x 1/4 cup, 14 g	80	7	0.5	3	1.5	0.5	3	0	0	83.5
Beef Steak 4 oz boneless (yield after cooking)	222	13.21	5.172	0	0	0	24.02	328	72	268
Trader Joe's 73% Organic Dark Chocolate	82	5.46	3.18	6.82	1.82	4.1	0.91	0	0	

Tuesday, April 29, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
15 g										
Duke's Roasted Cayenne Beef Jerky	68	0.75		3	0	3	10.5	345	30	
1 1/2 x 1 oz, 42 g										
Total	1642	109.47	39.132	24.63	5.52	13.07	131.92	2953	591.25	1548.5
Lunch										
Dinner										
Snacks/Other										
Total	1642	109.47	39.132	24.63	5.52	13.07	131.92	2953	591.25	1548.5

Wednesday, April 30, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Sargento Ultra Thin Swiss Cheese 1 slice, 11 g	40	3		0.3			3			
Deli Sliced Ham 1 slice (4-1/4" sq) (0.75 oz)	34	1.76	0.567	0.48	0	0	3.83	268	11	62
Chicken Thigh 3 oz boneless (yield after cooking)	140	8.76	2.448	0	0	0	14.16	231	52	125
Red Tomatoes 2.8 oz	14	0.16	0.037	3.11	1	2.09	0.7	4	0	188
Sartori Merlot Bellavitano Cheese 1 oz, 28 g	120	10	5	0	0	0	7	165	30	
Sweet Red Peppers 2 oz	15	0.17	0.033	3.42	1.1	2.38	0.56	1	0	120
Ground Pork (Cooked) 4 oz	337	23.54	8.749	0	0	0	29.12	83	107	410
Aged Asiago Cheese 6 g	26	1.72	1.038	0.24	0	0.05	2.31	92	5	
Scrambled Egg (Whole, Cooked) 115 g	191	14.04	4.231	2.53	0	1.99	12.75	322	405	159
Trader Joe's 73% Organic Dark Chocolate 15 g	82	5.46	3.18	6.82	1.82	4.1	0.91	0	0	
Trader Joe's Raw Almonds 1/2 x 1/4 cup, 14 g	80	7	0.5	3	1.5	0.5	3	0	0	83.5
Trader Joe's Raw Whole Cashews 1/2 x 1/4 cup, 15 g	80	6	1	4	0.5	1	2.5	2.5	0	
Bacon (Cured, Baked, Cooked)	164	12.98	4.256	0.4	0	0	10.72	658	32	162

Wednesday, April 30, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
30 g										
Canadian Bacon	52	2.36	0.795	0.38	0	0	6.79	433	16	109
1 oz cooked										
Ground Beef (Cooked)	309	20.81	8.055	0	0	0	28.39	448	99	321
4 oz cooked										
Cheddar Cheese	169	13.92	8.859	0.54	0	0.22	10.46	261	44	41
1 1/2 slices (1 oz)										
Total	1853	131.68	48.748	25.22	5.92	12.33	136.2	2968.5	801	1780.5

Lunch

Dinner

Snacks/Other

Total	1853	131.68	48.748	25.22	5.92	12.33	136.2	2968.5	801	1780.5